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ABSTRACT

Eight separate brochures, presented here in English versions, but also available in six additional languages (Cambodian, Chinese, Russian, Spanish, Tagalog, and Vietnamese), are designed to provide parents, adolescents, and children with information about sexual assault, self-protection, and healthy interpersonal relationships. Each brochure offers specific suggestions for personal action and interpersonal communication techniques. The brochure topics include: respect in a dating or romantic relationship; self-protection and personal safety for children; reducing the risk of children in one's care; communicating with children and protecting them from sexual assault; helping a friend who is a victim; and creating and maintaining healthy personal relationships. (MSE) (Adjunct ERIC Clearinghouse on Literacy Education)

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Sexual Assault Issues Brochures

RESPECT
Aretha Franklin sings about it…
Everyone deserves it…

Wouldn't it be Great? But the truth is…

You Can Do It!
Learning Personal Safety

Reducing the Risk for Children In Our Care

A.C.T.
For Your Kids

Deciding What to Do
When a friend Needs Help

Thinking About Relationships

Creating Healthy Relationships

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RESPECT

Aretha sings about it...

Everyone deserves it...

Just what does it mean?

Appreciating things about others...

...and thinking well of yourself.

What does respect mean in a dating relationship?

Boundaries

Each person has a right to physical and emotional boundaries. You decide what limits you have. You set your own boundaries. You have a right to have your limits respected. You also have the responsibility to respect the limits of your partner.

Communication

You have the right to speak your mind without fear and to be heard by others. You have the responsibility to listen to your partner. The best relationships encourage two-way communication.

Equality

Both partners have an equal share in decision-making. Neither partner is used selfishly by the other. The interests, opinions and feelings of both partners matter.

Self-Esteem

In a respectful relationship your belief in yourself stays strong and often increases. You feel good about yourself and how your partner treats you.

When respect is not there...

Boundaries can be ignored & overrun. Communication can break down. One person can ignore the wishes and rights of the other. Abuse can take place. Date rape can happen.

Being sure about consent

In a respectful relationship...

- ✔ Both people feel safe
- ✔ Both people feel appreciated
- ✔ Both people are considerate
- ✔ Both people are understanding

Each person feels safe, appreciated and understood when both people in the relationship express what they are feeling and say what they want and need.

> Yes
> Let's talk it over
> I'd like to do that
> Do you want to...?

> I don't want to have sex. I do want to kiss and be close...

In a romantic relationship...

Consent requires talking together and actively agreeing on the level of sexual intimacy you are both ready for. No bullying, no pushing, no pressure.

It isn't always easy - but it is respect.

If you need help

If you have experienced date rape or dating violence there are people who can help. Perhaps those you usually turn to for support can help - like

- parents
- friends
- brothers and sisters
- people at your church, temple, synagogue
- trusted adults at your school

If you need support and information those people cannot give you, call your local sexual assault or rape crisis center hot line.

Local Crisis Line Phone Number

These materials are available from:
KING COUNTY SEXUAL ASSAULT RESOURCE CENTER
P. O. BOX 300
RENTON, WA 98057
PHONE: 425-226-5062 - FAX: 425-235-7422
E-MAIL: marketing@kcsarc.org

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Wouldn't It Be Great?

But the truth is....

The truth is, as great as kids are, no one has magical powers. You do have real common sense tools that can help you be safer. And you're more powerful when you use them.

- When you go somewhere use the Buddy System.
- Use the routes you and family decide are best when going to and from school, a friend's house and other places.
- Always let people know where you will be and check in with them regularly.
- Learn and use Alfred Frog's Safety Rules about touching.

It would be great to have super powers, wouldn't it? Then you wouldn't have to think about real problems that happen to real kids.

An Exception to the Rules?

My friends and I were at the playground after school. As we headed for the playshed, a man walked up to us and said, "Hi."

I recognized him as my new neighbor. I introduced him to my friends and told them how he helped me fix my bike chain last weekend.

He started to ask some questions about the school and the afternoon activities. I stayed to answer him even though my friends kept on walking.

One of my family's safety rules is, "Use the Buddy System", which means I should have stayed with my friends. But my neighbor was really friendly and I knew he was a nice guy.

I kept talking to him and when he asked me to show him the basketball courts and where the restrooms were, I did. When we got near the restrooms, my neighbor grabbed my arm and said he wanted me to go inside with him. I didn't know what he wanted but I felt a little scared.

I said, "No! Let go of my arm!" I pulled away and ran to find my friends. Then my friends and I went inside the school and told a teacher what had happened.

When I was showing my new neighbor around the school I liked feeling helpful and in charge. I didn't like being grabbed and feeling scared and confused. I'm glad I could get away to find help.

I learned that day that the Buddy System is a good safety rule to follow even when everything seems okay. I also learned I'm safest when I remember to use all the safety rules, even with people I know.

A Frog's Safety Rules

This is Alfred Frog... A. Frog for short

- 1. My body belongs to me. It's important to keep my body safe and private and treat it with respect.
- 2. It's never OK for anyone to touch the private parts of my body for no reason and to ask me to keep it a secret, even if it's someone I know or like.
- 3. It's OK for me to say "No," if I can, to any touching that isn't okay. I can say "No," or "Don't do that," or "I'm going to tell."
- 4. If I ever have a touching problem, it's important for me to tell an adult I trust about it.

These are the names of two people I could tell. I could say, "I have a touching problem and I need help."

_____

_____

Words Can Help

"No!"
"I'm going to leave now!"
"I'll tell!"
"Stop that!"

"I need your help."
"Will you listen to me?"
"I've got a problem."

Sometimes it is hard to think of just the right words to say to ask for help or tell someone to stop doing things that you don't like. Words like these can help with problems big and small. Alfred Frog wants you to know that it is good to speak in a firm voice. It is okay to say "No." It is good to ask for help when you need it. He thinks it is a good idea to practice saying what you need.

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You Can Do It!

Learning Personal Safety

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Hi! I'm Alfred Frog, A. Frog, for short. I'm here to tell you some things that can help keep you safe.

You know that your parents and teachers tell you many ways to keep safe...

"Look both ways before you cross the street."

"Do not open the door of your house to strangers."

I want to tell you about some more safety rules. These safety rules are about touching.

1. Your body belongs to you. You can help keep it safe and private.

2. It is not OK for anyone to touch the private parts of your body for no reason. You can say "No."

3. It is not OK for you to have to keep a secret about touching. It's okay to tell.

4. If you ever have a touching problem or a touching secret, you can tell an adult you trust. Keep telling until you get help.

Ask your family to help you name two people who will be your safety helpers. These are the people to talk to if you need to ask for help.

_____

Name

_____

Phone

_____

Name

_____

Phone

Teachers can be safety helpers at school.

The school counselor can help, too.

You can practice personal safety if you

- ☺ Remember your safety rules.
- ☺ Talk to your safety helper if you feel scared or worried.
- ☺ Ask for help whenever you need it.
- ☺ Speak in a firm voice when you say what you want or what you don't want.

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Reducing the Risk for Children In Our Care

The world seems to be an increasingly dangerous place to live. Television and print media concentrate so much time on the violent and scary happenings in our communities that, even as adults, we can become overwhelmed and immobile. Children rely on us to help them build skills to negotiate through life safely. Though we cannot eliminate the danger in the world, we can reduce the risk to our children if we

- give them clear & matter-of-fact information
- develop open communication
- teach them personal safety skills
- help them develop a strong sense of self

The "dangerous stranger" is easiest to talk about & easiest to identify as a potentially harmful person. That is, however, the smallest part of our task as caregivers. The fact is that over 85% of the time a child who is sexually assaulted knows and has some relationship with the offender. The perpetrator might be a family member, a babysitter, a coach, a family friend. The task of empowering a child to recognize and to tell about inappropriate touching coming from someone they know, and perhaps care for, is more difficult. Children need clear and direct instruction focused on developing skills, not based on fear.

Reduce Children's Vulnerability By

Enhancing Our Supervision of Children

- Identify approved routes for children to and from school, homes of friends, neighborhood parks, etc.
- Encourage children to use a "buddy system," as children are safer in a group, not isolated or alone.
- Agree on pre-arranged "check-ins" by children with a supervising adult at school or when with friends.
- Refuse to leave our children in the care of someone we do not trust, even if that person is a family member.

Strengthening Our Communication with Children

- Nurture children's sense of self-worth.
- Increase children's decision making skills.
- Teach children about privacy; yours, theirs and others'.
- Maintain an environment in which children feel safe talking about their feelings and problems.
- Support children's efforts to voice their concerns, objections and feelings. Help them to speak freely by being open to all concerns.

Increasing Our Children's Competence

- Encourage children to feel that their bodies belong to them.
- Give children accurate information about what is and is not appropriate touching and behavior, no matter who is doing it.
- Teach children they have a right to say "No" to unwanted touch.
- Encourage children to tell someone (a trusted adult) if they have any concerns or questions.
- Identify resources and ways to access them for children needing assistance.

The Strength of Good Parenting

Simple rules can help children remember the personal safety information you have taught them. They do not stand alone & cannot be effective without discussion and support.

Kids' Safety Rules

- 1. My body belongs to me. It's important to keep it safe and private.
- 2. It's never OK for anyone to touch the private parts of my body for no reason and to ask me to keep it a secret, even if it's someone I know or like.
- 3. It's OK for me to say "No," if I can, to touching that isn't okay. I can say "No," or "Don't do that," or "I'm going to tell."
- 4. If I ever have a touching problem, it's important for me to tell an adult I trust about it.

Children who feel safe talking about their feelings or problems can gain skills for decision making and problem solving with the strength of parent support.

Resources for You and Your Family

Two adults my child could ask for help:

_____

name

_____

phone

name

phone

Local Rape Crisis Center

_____

For emergency response

911

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A.C.T.

For Your Kids

Parenting

Being a parent can be the most challenging, exciting and rewarding job you'll ever have... and may be the most important. It can also be the most frightening, frustrating and overwhelming job in the world. The truth is, all meaningful jobs seem overwhelming at times. That's why information, support and encouragement are needed to help us all be more successful.

One of the risks children face in this world is child sexual abuse. It's scary to think about sexual abuse and your own child. It can be especially upsetting if you have been hurt this way. As a parent of a young child, you can do many things to provide safety for your daughter or son and reduce the risk that your child will be sexually abused.

You can A.C.T. for kids!

Awareness

Be aware that child sexual abuse happens more often than most people realize. One in 3 girls and one in 5 boys will be sexually assaulted before age 16. Most often the offender will be someone the child knows and cares about. Children are often reluctant to tell about abuse. They may feel fear, shame or guilt. Children may not have the words to speak about abuse. They may think they won't be believed. We can't expect young children to be solely responsible for their own safety. Sharing safety information with children can help lessen their vulnerability and increase the liklihood that they will talk about what's troubling them.

Communication

- Let your child know that you care about her/him.
- Reassure your child with statements like "I will do my best to keep you safe."
- Speak <u>with</u> and listen to your child often.
- Welcome your child's attempts to express feelings, voice concerns and ask questions.
- Speak calmly and in a non-frightening way when teaching about child sexual abuse prevention.

Teaching Skills

- Teach children about their right to privacy and safety.
- Encourage children to feel that their bodies belong to them.
- Give children accurate information about what is and isn't appropriate touch and behavior, no matter who is doing it.
- Teach children that they can say "No" to inappropriate touch; support them when they do say "No" to unwanted touch.
- Teach children to tell a trusted adult if they need help or are confused.
- Reinforce safety skills and repeat safety information often.

Supervision

Children need appropriate supervision. Be selective about who you choose to look after and care for your child.

Some things to keep in mind as you select a caregiver:

- How long have you known this person?
- What do you know about how this person treats children?
- How comfortable is your child with this person?
- How comfortable are you with this person?
- Are you welcome to drop in anytime to see your child?
- What do other parents say about how this person cares for their children?

Sometimes sexual abuse happens even when we've done our best to prevent it. If children display any of the following indicators, sexual abuse may be the cause. These behaviors require a closer look to determine what is troubling the child.

- Extremely withdrawn or aggressive behavior
- Developmentally inappropriate sexual behavior
- Self-destructive behavior
- Any abrupt, unexplained change in a child's behavior
- Excessive fears
- Hypervigilance (i.e., extreme anxiety, distress, tension)

Child sexual abuse is not a problem you need to face all alone. It's important to get help for yourself and for your child. Consider who in your family, at school, in your neighborhood you could talk to to get more information and support. Remember, you can also call a crisis line.

You can ACT for your kids!

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Deciding What to Do

When A Friend Needs Help

As hard as it is to believe...

Child sexual abuse or sexual assault can happen to anyone. It is more common than we would like to think. Some sexual assaults involve family members and can go on over a period of years. Some sexual assaults involve peers and may happen only once. There really are no "typical" cases. There really are no "typical" victims. It can happen to girls and to boys. The person who does it can be someone the victim knows well, or only slightly. It's rarely a stranger. No one ever expects a friend to say, "I've been sexually assaulted."

As hard as it is to tell...

Teens who have been sexually abused or assaulted often want someone to listen to and support them. They try to find someone they know and trust. They try to choose someone who will not blame them or turn away from them. They often tell a friend before telling anyone else.

As hard as it is to hear...

Hearing from a friend that she or he has been hurt is very difficult and can feel overwhelming. That's why it's important to recognize what a true friend is. Being a friend means showing support and being understanding. It also means knowing when to seek adult assistance.

If a friend confides in you, you are already a trusted person. To show you are supportive...

LISTEN.

It doesn't matter so much what you say, but more how well you listen.

BELIEVE YOUR FRIEND.

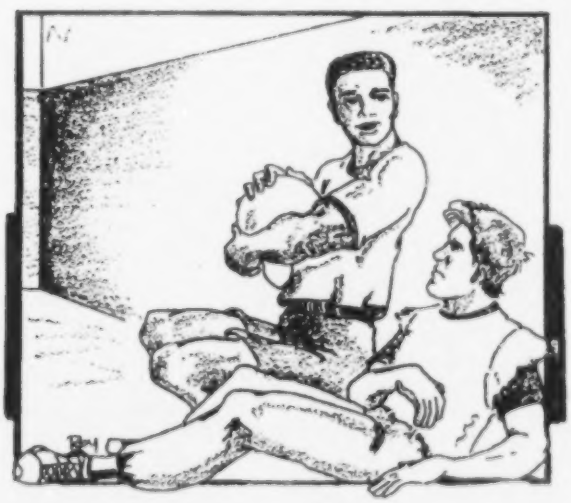
People rarely make up stories about a sexual assault.

SHOW THAT YOU CARE.

This may be the first time your friend has ever told anyone about the sexual assault. Give whatever expression of support is comfortable for both of you.

REASSURE YOUR FRIEND THAT SHE OR HE IS NOT TO BLAME.

No matter what the situation, the offender is responsible for the assault.



RESPECT YOUR FRIEND'S PRIVACY.

Although lots of tough decisions need to be made -- like whom to tell, when to tell, what to do -- let your friend be in control of those decisions.

As tempting as it is to protect..

Along with the story of what happened you might also hear that your friend is

- embarrassed
- ashamed
- fearful
- feeling at fault
- humiliated

It's understandable to want to be protective. It's tempting to think the best way to do that is to keep the abuse a secret from everyone. Although confidentiality is important, the best way to be truly protective is to ask the help of a trusted adult.

Decide with your friend which adult in your lives you will talk to. That person might be a parent, a teacher, a school counselor. Support staff who work at sexual assault centers or counseling agencies for kids also know how to help.

Child Protective Services or the police may need to be called because sexual assault is against the law. These people may be needed to best keep your friend healthy and safe from more hurt.

Assistance Telephone Numbers

Local rape crisis or sexual assault center crisis line

_____

Local youth service or counseling agency for counseling referrals

_____

For police emergencies dial
911

Other

_____

_____

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Thinking About Relationships

Thinking About Relationships

It's easy for your head to be filled with questions when you think about what having a girlfriend or boyfriend might be like for you. Who will he be? What will she be like? Will that person like the same things I do? What if...?

People use many different words and ideas to describe what love is. Some of the words and ideas describe healthy relationships and some don't. Some people have ideas about love that, should they become behaviors, could be unhealthy or dangerous. Some mistaken beliefs about what love is could lead to dating violence.

What Do We Want?

Where do we learn about relationships?

- ❤ Our families and friends...
- ❤ Television...
- ❤ Movies...
- ❤ Books...
- ❤ Church, Temple, Synagogue...

Some of what we learn from these sources is useful. Some of it is just not real. In the end, it is important to think for yourself about what you want a relationship to be. What is important to you?

I want a relationship where

- We show respect for each other
- We talk to each other about what we each want
- We share with each other
- We decide together what we will do and where we will go
- We talk through disagreements
- We enjoy each other and have fun together

I do not want a relationship where

- One person bullies or disrespects the other
- One person is jealous of the other
- One person makes the other afraid
- One person makes the other feel guilty
- One person hits the other during disagreements

Sometimes relationships get us mixed up or sad or angry

> ...why won't he
> ...why doesn't she
> ...I'm so mad
> ...he won't listen to me
> ...I wish she wouldn't

All relationships have their ups and downs. It's important to recognize how often you feel disappointed, hurt, frightened, sad or angry in a relationship. It's important to think about how each person handles those feelings, too. Healthy relationships don't stay hurtful.

You have a right to

> Respect
> Safety
> Talk things through
> Be listened to
> Trust and be trusted

It is never okay to abuse another person.

There is never a good enough reason to hit someone, to disrespect or humiliate someone. Dating violence is not love.

If you need support, encouragement or help to be safe, talk to

- a parent
- a school counselor
- a family friend
- a trusted adult
- your friends

Any of these people can help you call a crisis line if you need to talk or the police if you want to report an assault.

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Creating Healthy Relationships

What is Love?

People use many different words and ideas to describe what love is. Some of the words and ideas describe healthy relationships and some don't. Some people have ideas about love that, should they become behaviors, could be unhealthy or dangerous. Some beliefs about love could lead to dating violence.

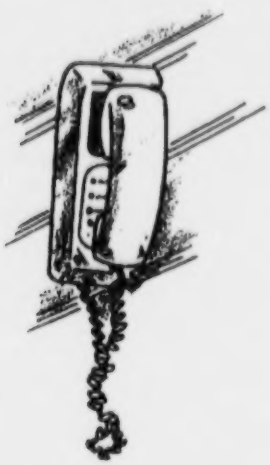
Love ...

- ✔ Trust
- ✔ Open communication
- ✔ Sharing
- ✔ Compromising
- ✔ Recognizing differences
- ✔ Openness
- ✔ Respect
- ✔ Shared decision-making
- ✔ Mutually agreed-upon intimacy
- ✔ Taking responsibility for one's own actions

Not love...

- Bullying
- Jealousy
- Humiliation
- Pressured intimacy
- Possessiveness
- Intimidation
- Fear
- Manipulation
- Blaming someone else for actions

Jemmie and Sam



Jemmie and Sam have been going out for two months. They usually go out together on Friday and Saturday night. They often don't plan ahead, but Sam just stops by and picks Jemmie up and they go somewhere together.

One Friday night Jemmie's friends are planning a party. Jemmie is invited and Sam is not. Jemmie wants to go, tells Sam about it and asks what they're planning for Saturday night.

Sam asks a lot of questions like;

"Who all is going to be at this party?"
"Are you going to be alone?"
"Why don't you want to be with me?"

And he finally says in a sullen voice, "If you really loved me you would tell them you can't come. You don't need anyone but me, anyway."

Jemmie has never had anything like this happen before. The party sounds like a lot of fun. Why should Sam expect that they should go everywhere together? He could be with his friends on Friday night just like Jemmie will be.

There are some early warning signs of teen dating violence in this story. It is clear that Jemmie and Sam are thinking about their relationship in different ways. While Jemmie thinks that it is okay to be with different people and spend time away from Sam, he thinks that they should always be together. Sam applies a bit of pressure by saying to Jemmie, " If you really loved me you would tell them you can't come."

It's hard to tell if this will be a healthy relationship.

Some teens have shared these ideas about ways to have a healthy relationship.

- Listen to each other.
- Show respect for wishes and limits.
- Communicate openly with each other. You each have a right to express yourself.
- Expect to treat your partner well, and to be treated well.
- Know that you both have a right to feel safe.
- Healthy relationships have two equal partners.

Here are some questions to ask about someone you're considering dating. These may help to reduce the risk of being in an unhealthy relationship.

- How does this person treat others?
- What is this person's reputation?
- Who are this person's friends? How do they behave together?
- Do you know anyone else who has dated this person? What do they say?

Finally, ask yourself, "Does this person meet my expectations?"

"Do I believe that this person will treat me well?"

It is never okay to abuse another person.

There is never a good enough reason to hit someone, to disrespect or humiliate someone. Dating violence is not love.

If you need support, encouragement or help to be safe, talk to

- a school counselor
- a family friend
- a trusted adult
- your friends

Any of these people can help you call a crisis line if you need to talk or the police if you want to report an assault.

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